

ABSTRACT OF THE DISCLOSURE

A method of generating an out of zone alert when a sampled biomedical value does not satisfy a condition, wherein the generation of the out of zone alert is performed by an indicator, and the sampled biomedical value is determined in a heartrate monitoring system, and further wherein the indicator does not generate the out of zone alert when the sampled biomedical value fails to satisfy the condition until a sampled biomedical value is determined to satisfy the condition, the method comprising the steps of determining when a sampled biomedical value satisfies the condition; and thereafter, permitting the generation of the out of zone alert when the sampled biomedical value is determined not to satisfy the condition.